

The St Nicholas

Accredited with 'excellence' by the National Health Service, the San Nicola Addiction Rehabilitation Centre is a in Italy. The efficacy of the rehabilitation project has also made the Centre internationally known: in recent years, it boasts patients from various countries such as the United States, Holland and England.

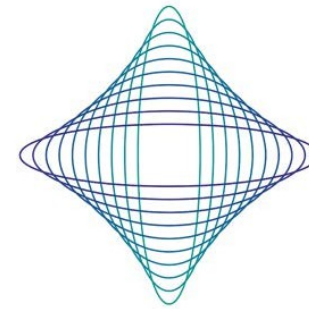
The facility was created in 2013 from the 35-year experience in the field of addiction of the Villa Silvia nursing home in Senigallia, an accredited private clinic, and is inspired by US and British models that provide a short residential regime.

The St. Nicholas Centre offers a highly specialised programme structured according to the latest international guidelines for the treatment of substance alcohol, cocaine, cannabis and new drugs) and behavioural addiction.



Our Staff

The therapeutic team at San Nicola is multidisciplinary, highly specialised addiction treatment and bilingual (Italian/English). It includes psychiatrists, psychologists, psychotherapists, counsellors, professional educators and teachers. Some of them have their own or a family member's history of addiction behind them, which helps them better attune to those who are on a recovery-oriented path, showing them that a new life without addiction is possible. All have excellent curricula and regularly attend nationally and internationally accredited trainings.



San Nicola
centro recupero dipendenze

Contact

9 Piticchio, 6001 1 Arcevia (AN)

Tel. +39 0731 9142

info@centrosannicola.com

www.centrosannicola.com

Where we are

The Centro Recupero San Nicola is 25 km from Senigallia and 60 km from Ancona. It is easily accessible by car, train and plane.

Take back your life
We help you step by step



Rehabilitation protocol

- Individual psychotherapy and counselling;
- Group study and practice of the 12 Steps;
- DBT group for emotion management and stress;
- Mindfulness group for relapse prevention;
- Psycho-education groups;
- Meeting group.

Parallel activities:

- Film therapy;
- English lessons;
- Body expression;
- Theatre and ceramics workshop.



Short and scientifically proven

The programme is based on a multimodal, multidisciplinary intervention that takes into account the dimensional aspects of addiction, which is treated by integrating the 12-Step approach with dialectical behavioural therapy (DBT). The latest scientific evidence indicates that it is this integrated model that favours the best results.

Residence

The St Nicholas Addiction Recovery Centre is a protected and perfectly organised place, ideal for stimulating the physical and mental regeneration of its patients. Its modern and functional complex, which houses all the spaces and equipment necessary for psychophysical rehabilitation, is set in 20 hectares of undulating fields and olive groves.

Never alone again

During their stay at the centre, we help our guests develop the motivation they need to fight addiction, avoid relapse and living again, and continue to support them even after they return home: one step after another towards a new life.

The programme involves a continuum of treatment divided into several phases:

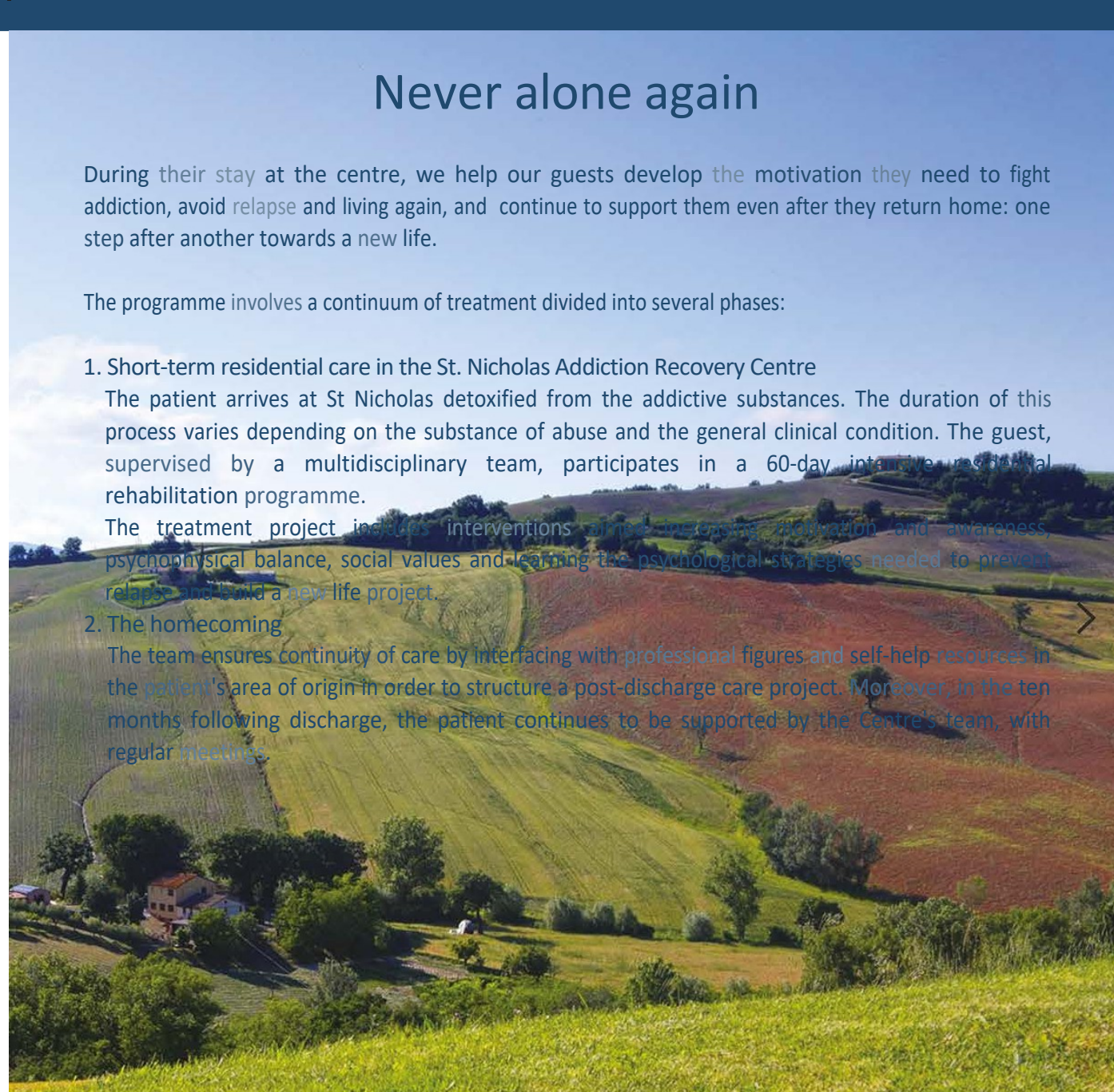
1. Short-term residential care in the St. Nicholas Addiction Recovery Centre

The patient arrives at St Nicholas detoxified from the addictive substances. The duration of this process varies depending on the substance of abuse and the general clinical condition. The guest, supervised by a multidisciplinary team, participates in a 60-day intensive residential rehabilitation programme.

The treatment project includes interventions aimed at increasing motivation and awareness, psychophysical balance, social values and learning the psychological strategies needed to prevent relapse and build a new life project.

2. The homecoming

The team ensures continuity of care by interfacing with professional figures and self-help resources in the patient's area of origin in order to structure a post-discharge care project. Moreover, in the ten months following discharge, the patient continues to be supported by the Centre's team, with regular meetings.



Interventions aimed at family members

The therapeutic programme provides for the following during the guest's stay at the centre:

- Multi-family meetings and meetings with individual families;
- Participation in Al-Anon groups in their home territory;
- Appointments at the San Nicola after returning home.



Certifications

- Accredited with EXCELLENCE for rehabilitation activities in the addiction sector with the SSN (L.R. 21/2016) by the Marche Region Health Department
- Certification by RINA (ISO 9001:2015), one of Europe's leading quality assurance companies